

**Elmer
will visit
Information Night**

Fire damages Seniors' Rec Centre



FIREFIGHTERS BATTLE THE BLAZE that sent smoke pouring from the roof of the Elk Point Seniors Centre (above). At right, two local seniors survey the charred interior. Photos by Donna Ockerman and Todd MacKay.

■ Up Front

Elk Point Seniors' Recreation Centre suffered substantial damage from a fire at noon Monday. The building's caretaker discovered smoke when she entered the centre just before noon and alerted the Elk Point Volunteer Fire Department.

Further details regarding the extent of the damage were not available at press time.



Grandparents' Day walk was a huge success

With close to 40 fundraisers gathering a grand total of \$4067.13 in pledges, and an estimated 100 walkers heading out on the nine-block jaunt around town, organizer Diana Anderson has declared Elk Point's first-ever Grandparents' Day Walk a huge success.

The walk was one of several around the province which were an initiative of the Alberta Council on Aging, a group which is currently concerned with potential cuts to health services and benefits for seniors, and all money raised will go toward their efforts to keep these much-needed services in place. "Nobody is promising miracles," Ms Anderson said, "but we're working toward that goal."

While many of the walk participants were grandparents, others ranged from babies in strollers to youngsters on rollerblades to young families, all

out to celebrate the importance of grandparents in their lives.

Mayor Lyle Frisby was on hand to welcome the participants at the Elk Point Seniors' Recreation Centre following the walk and said it had been "a

great pleasure" to proclaim Grandparents' Day on behalf of Town Council. "It's great to have families getting together to honor the grandparents. We hope to do it every year from now on."

(Continued on Page 6)



WALKERS BY THE BLOCK FULL included participants of all ages, from babies in strollers to grandparents.

Chamber back in session and back to work for fall

Elk Point Chamber of Commerce is back to business after the summer break, and eager to get going on some of the projects they started last spring, with three items from their Town Revitalization Plan on the September 4 agenda.

The unsightly open pit along Highway 41 north of 49 Avenue was up for discussion again, but Town Manager Myron Goyan told the group it was supposed to be covered by September. Alberta Environment has approval for filling this in, a "long overdue" move that he is "positive will happen."

The forest of movable signage along the meridian north and south of the newly relocated tourist information centre again came under fire, and while Chamber president Glenn Harms says "we don't want to limit anyone's ability to advertise," the

Chamber would prefer to see trees planted along the meridian, similar to the west side and the signs less prominent. A letter is being directed to Town Council in this regard.

The Chamber would also like the Town to consider the contentious issue of installing traffic lights at 50th Avenue and Highway 41, and Harms said these lights could be flashing caution lights except during the busy daytime hours. Traffic at the intersection is such that "I think we have a real concern here."

The Chamber heard reports on summer activities, with Canada Day celebrations going well, and a considerable upsurge in tourist booth visitors over last year. In 2001, only 68 people signed in at the Tourist Information Centre between June 2 and August 29. This year, in the 54 days of operation between May 31

and August 18, there were 252 visitors, well on the way back to 2000's figure of 315 visitors and 1999's 379. Operation of the TIC, over and above STEP grant funds received, costs the Chamber close to \$2000 per year when utility costs are factored in, and the Chamber will again be asking themselves, "can we really afford to run it?"

During the summer, representatives of the Chamber and Town met with Petrovera Resources Limited, who are fighting their way through a "massive intervention" by a long list of people concerned with their plans for project expansion. Mayor Lyle Frisby said that in the past, there "hasn't been a lot of support from Petrovera for local businesses and the community, and a lot of residents know that the local companies are not getting a lot of work" from the

company. As a result, "the landowners are not by any means wanting to accommodate them." The Chamber and Town are also to meet in the near future with CNRL, regarding that company's recently increased presence in the area. Harms says both Petrovera and CNRL are "looking for community support. They want to be part of us and I'm excited at what I'm seeing."

Problems with extensive waits for telephone lines in the area were again brought to the Chamber table, and will be addressed.

Representatives of the Chamber will meet with Northern Lights Library System Board in the near future with a proposal for potential use of the large warehouse area of their headquarters building for community functions.

community NEWS

Elk Point C.O. P.S. needs more members

By Thomas Kondla

Elk Point Citizens on Patrol

Elk Point Citizens on Patrol is a volunteer crime prevention group that acts as extra eyes and ears for the local RCMP and the Town of Elk Point. We take an active role in reporting any suspicious and potentially unsafe conditions we see while doing patrols of the community on certain nights of the week.

Through this activity, COPS endeavors to reduce the number of vandalism complaints, minor thefts and other occurrences that interrupt the inherent environment of both residents and visitors to the community. Members are only asked to commit one night a month to go out on patrols, and patrols are done by two people at a time per vehicle.

Members are required to go through a RCMP screening and are given appropriate training by the RCMP to enable them to carry out their patrol in a safe and caring manner.

This program is much like Rural Crime Watch and Oil Patch Crime Watch. COPS groups are now currently active in over 57 communities in Alberta and at the annual conference last year, a Provincial Board was set up to oversee these groups.

Unfortunately, some members of the core group we started with have moved from the community

and now we are losing a few more members due to transfers in the oil patch. Also, a couple of members we have are seasonal. We DEFINITELY need to fill the gap in our membership in order to remain viable. If you have any questions, you can call Lyle at the RCMP Detachment in Elk Point, at 724-3964, or myself at 724-1991. Applications can be picked up at the RCMP Detachment. We will also have a table set up at the annual Elk Point Information Night, which will be held on the evening of September 10. Interested people are also very welcome to come to our next meeting, which will be held on Tuesday, September 17 at 7:30 p.m. at the Elk Point United Church.

Solicitor General Heather Forsythe once said that "over the years, the way we think of crime prevention has changed. It's about more than locks and alarms. Increasingly, crime prevention is about reaching out to new neighbors, mentoring children and youth and acting as role models.

Crime prevention can mean so many things but for me it is any activity that contributes to a safe and healthy community."

I hope you take the time to find out more about us, and we hope that we can count on some more people to come forward and join our very worthwhile group.

Firefighters save Elk Point Seniors Centre



Pickup stolen

On September 4, 2002, Elk Point RCMP received the complaint of a stolen vehicle. A white 1989 Dodge D150 pickup was stolen from a residence in Elk Point. The vehicle has Alberta license plate TGB - 996. The vehicle was stolen between 11 p.m. on September 3 and 8 a.m. on September 4.

Elk Point RCMP are requesting public assistance in locating the person or persons responsible for the theft of this vehicle. If you observe this vehicle or know who may be responsible for the theft, please contact the Elk Point RCMP at (780) 724-3964 or your nearest police agency.

Crime Stoppers will pay up to \$2000 for information leading to the arrest of the person(s) responsible for this or any other crime. You do not have to reveal your identity and if your tip leads to an arrest you qualify for an award.

ELK POINT VOLUNTEER FIREFIGHTERS were quick to respond to a blaze at the Elk Point Seniors Recreation Centre on Monday, braving billowing smoke to quell the blaze.

Photos by Todd MacKay and Donna Ockerman.



Do you have an interest in Alberta's Labour Relations Code?

An MLA committee wants to hear from stakeholders and interested Albertans on whether the *Labour Relations Code* should be reviewed.

Some stakeholders have raised concerns with the *Labour Relations Code* in the following areas: certification and revocation procedures, salting and market enhancement recovery funds, secondary picketing, essential service legislation for emergency medical services, organization of agricultural workers and first agreement legislation.

The deadline for submission on these, or other issues, is **September 15, 2002.**

Written submissions may be sent to:

Richard Marz (Chair)
MLA Review Committee
801, 10808-99 Avenue
Edmonton, Alberta T5K 0G5
Fax: (780) 422-0014
Email: labourcode@gov.ab.ca

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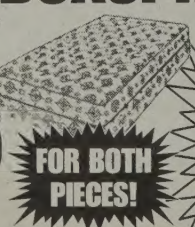
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community **NEWS****Retired teachers toast today's counterparts**

A cheerful group of retired teachers continued their tradition of saluting today's counterparts at an annual first-day-of-school breakfast, as they gathered at the Empress on Tuesday, September 3.

Olga Ockerman rang the school bell to start the morning, while Lawrence Modin asked blessings on today's teachers and their students as he offered grace. Sylvia Boothman led the toast to the teachers and offered some "shredded wit" to nourish the retirees. Many heads nodded in acknowledgment at such gems of wisdom as

"you can lead a youth to school, but you can't make him think."

Each former teacher had memories of their days in school, either as a teacher or student, or humorous readings, to share.

Paul Chamberland read a list of rules for teachers from 1872, which included the offer of a 25¢ per week raise after five years of service, and a pamphlet from a St. Paul Town Hall plebiscite in 1965, which dealt with a "grave situation" with teachers wanting to be paid a supposedly undeserved \$10 per hour, while Irene Miller

read a poem from a Home Ec student's diary and brought chuckles with her own poetic comments.

Memories of chalk-throwing teachers and teachers with self-imposed and board-imposed wardrobe restrictions, of pupils with mouse pelts in pockets and garter snakes in pails, of the dreaded visits of the school superintendents and of the boards who kept tight reins on school budgets, were shared during the very enjoyable morning of reminiscence by those for whom the school bells no longer toll.



REMEMBERING THEIR DAYS IN THE CLASSROOM, retired teachers gathered for their traditional first-day-of-school breakfast and toasted today's teachers as they open their books on a new school year.

Afternoon of history will explore travel and trails

The small community of Heinsburg is located on the banks of the North Saskatchewan River, at the eastern terminus of a onetime rail line which has now become the all-season recreational Iron Horse Trail, and very near to the historic Carlton Trail. With these factors in mind, the Elk Point Historical Society, Heinsburg Community Club and Trail Pac have declared the community as the perfect setting

for this year's afternoon of history on Sunday, September 29, entitled "Travel and Trails: 1790 - 1940."

Tours of Heinsburg's restored water tower, CN railway station and caboose will be offered between 11:30 a.m. and 12:30 p.m., followed by a barbecue lunch. A series of speakers will tell visitors about the Carlton Trail, travel in the days of the fur trade forts, early travelers, steam boats on the

North Saskatchewan, trails in the St. Paul area, early pioneer travel, how the railway changed local towns, and, believe it or not, trails and space travel. Anyone willing to add their knowledge of local trails and travel is welcome to do so.

For more information about the event, please contact Marge Scott at 943-2700 or Marvin Bjornstad at 724-2061.

Drivers beware: RCMP patrolling school zones

Elk Point RCMP Detachment is once again enforcing school zones at all schools in the detachment area. As well, the playground zone at both Elk Point schools will be monitored to ensure the safety of students as they go back to school.

Throughout the school year, specific school patrols will once again be scheduled, as well as traffic blitzes to target identified traffic problem areas. The RCMP strongly encourages all drivers to obey ALL the traffic laws, and in particular, the speed zones where children will be walking and playing. Remember, also, that pedestrians have the right of way at crosswalks.

The law as it relates to school zones and playground zones is as follows:

School zones : On any day when school is held, these zones are in effect between 8:00 a.m.

and 9:30 a.m., 11:30 a.m. and 1:30 p.m., and 3:00 p.m. and 4:30 p.m.

Playground zones: On any day of the year, these zones are in effect between the hours of 8:30 a.m. and one hour after sunset.

Increased patrols began on Tuesday, September 3, and drivers disobeying these traffic laws are being issued tickets for fines ranging from \$40 up to \$278 plus demerit points.

Recent rash of bike thefts

During the week of September 2 to September 5, Elk Point RCMP has received two complaints of stolen bikes and a found bike.

The stolen bikes are a red youth's mountain bike and a yellow boy's BMX bike. Both were taken from the resi-

dences of the victims.

The found bike was a purple 12-speed boy's mountain bike with "Ryan" engraved under the frame.

Also, sometime between August 20 and August 21, a yellow MBX 5000 21-speed bicycle was stolen from

the backyard of a residence on Circle Drive, Elk Point.

Please make sure that all property is secured to help prevent theft.

If the found bike belongs to you it can be claimed at the Elk Point RCMP Detachment.

Anyone with information regarding the whereabouts of these stolen bicycles or the person(s) responsible is asked to call Crime Stoppers at 1-800-222-TIPS (9477) or the Elk Point RCMP Detachment at 724-3829.

F.G. Miller High School FRENCH CLUB

WILL BE HAVING A

BOTTLE DRIVE

SATURDAY, SEPT. 14, 2002

BETWEEN 10:00 AM TO 1:00 PM

Please save your bottles for them.

If you won't be home, please leave them on porch.

THANK YOU.

Elk Point Ukrainian Dance Club**COME & TRY IT!**

Free Lessons Sept. 24 & Oct. 1/02

OCTOBER 8, 2002

Registration Night at 6:00 pm

General Meeting at 7:30 pm

In Elk Point Elementary School Gym

1st Day of Dancing Sept. 24, 3:30 pm

For more info. call Wanda 645-5323

Where were you in '62?

*That's the year they said,
"I do."*



Congratulations on 40 years, Don & Vicki Brooker

From the Management & Staff of
the St. Paul Journal & the Elk Point Review

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1790 - 1940



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Travel at Fur Forts
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Trails and space travel

Sunday, September 29

in Heinsburg, Alberta

**Tours of the water tower, caboose
and train station**

Tours from 11:30 am to 12:30

BBQ lunch 12:00 to 1:00 - \$5.00

Speakers 12:30 to 2:00

**Anyone willing to speak may add
their knowledge of local trails and travel**

Please contact Marge 943-2700 or Marvin 724-2061

*Sponsored by Elk Point Historical Society,
Heinsburg Community Club and Trail Pac*

review VIEWPOINTS

WE REMEMBER 9/11 A year that has changed our lives

It's a whole year since our world was turned upside down by the unspeakable horrors of last September 11. That terrorists could wreak havoc on the United States was something we had thought would never happen, and then in the blink of an eye, there it was, live and in color on our televisions. The unforgettable image of the second plane crashing into the second tower of the World Trade Centre is forever engraved on our minds.

That one day changed our world forever. We are no longer the innocent, trusting people we were on September 10, 2001, we are still uneasy about traveling by air, we look at strangers with suspicion that would not previously have been there, and we no longer take our personal safety for granted. After all, so many people were just going about their normal routines and doing their jobs when their lives came to an abrupt end.

One thing we have learned from that day that far outshadowed December 7, 1942, as "a day that will live in infamy," is that we should live each day to the fullest, because it might be the only day we have to live. We have learned to take time for our families and for ourselves, and to show our love and appreciation to others while we still have the opportunity.

It's been a difficult year for far more people than those whose loved ones lost their lives in the tragedy itself. Everyone from those in the armed forces who were sent overseas to hunt down the brains behind the attacks to those laid off because of the declines in tourist travel have had to cope with changes they had never anticipated, some with separation from their families, some with financial hardship caused by the changes in the economy. The city of New York had to cope with a shortage of emergency workers, after so many of their firefighters and police officers died while carrying out their duties.

Even people in Elk Point, far removed from the US seaboard as they might be, felt repercussions from that day of ultimate disaster, as they gathered in local churches to pray for peace and an end to terrorism, and later for the safety of those at war.

It has been a year like none other, and hopefully a year like no other yet to come. Let us mark the anniversary of 9/11 with fervent hope for the end of terrorism and the devastation it brings.

Traffic Safety 101: Teach your children well

It's that time of year again when the students head back to school to meet new friends and learn new things. However, children learn best by example and when adults don't obey basic traffic safety rules, the children won't either.

"When parents don't use crosswalks, jaywalk and ignore patrollers, they are teaching their children to do the same," says Rob Taylor, vice-president of Alberta Motor Association's Advocacy and Community Services. "Parents have to set a good example for their children."

AMA School Safety Patrol offers the following safety tips to parents and motorists:

- Recognize the school zones and obey the speed limits.
- Look for bicycles, AMA School Safety Patrollers or children playing.
- Scan between parked vehicles where children are hard to see.
- Park a minimum of five meters away from crosswalks, not on them.
- Never pass a vehicle that has stopped for a pedestrian.
- Set a good example at crosswalks by cooperating with patrollers.
- Drive with your headlights on at all times so children

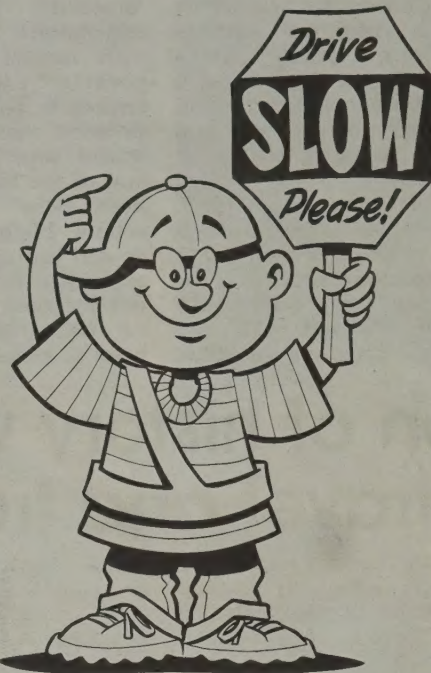
and other drivers can see you.

- Make eye contact with children to ensure that they

they need to practice safe pedestrian behaviors with them on an ongoing basis. Josy Wicentowich, provincial coordinator for AMA School Safety Patrol, says, "children take in a lot of information during school hours, so it is hard for them to focus on safety at the end of the day. That's why your children's education and safety go hand in hand."

Young children are at special risk around traffic because they...

- are smaller than adults, which makes them harder to see in traffic.
- can be impulsive and impatient.
- focus on one thing at a time, and it usually isn't traffic.
- have trouble understanding that cars can't stop as quickly as they can.
- think that if they can see a car, then the driver can see them as well.
- are unaware that drivers are focused on more than just them while driving.
- have trouble judging the speed of cars and gaps in traffic.
- have difficulty determining whether a car is coming, going or standing still.
- tend not to think about the possibility of getting hurt.



- know you see them.
- Avoid using cell phones and other distractions while driving.
- Expect the unexpected so you can be prepared to take action!

Traffic collisions are the leading cause of fatalities in school-aged children. Parents can't assume that their children understand road safety,

Tonight is Information Night!

Tonight, yes tonight is Elk Point Community Information Night at the Elks Hall from 7 to 9 p.m. It is a must-see. The community groups and agencies who have booked tables are: FCSS, RCMP, COPS, Riverland Trail, Historical Society, Iron Horse Trail, Canadian Safety, Figure Skating, Christian Community Church, Chamber of Commerce, Royal Purple, Elks Lodge, Auto Club, 4-H, FACT, Calvary Fellowship, Elk Point Abilities Network, Lions and Leos, Further Ed, Baptist Church, Community Involvement, Tonder Training Centre, Youth Connections, Elk Point Library, Ukrainian Dance Club, United Church, County FCSS, Mental Health, AADAC, Tobacco Reduction, Health Unit, Palliative Care, Red Cross and ATCO. As you can see, there are many different groups this year. Some groups have come before, and for some groups, this is their first Information Night. Unfortunately, this year we had to turn some groups away as we didn't have enough tables.

We are pleased with all the groups who have said they are coming to Information Night. Thank you, everyone.

Your contributions to the community of Elk Point are very valuable. We know you will do a great job displaying what you do. Thank you for sharing and giving to our community.



deanna
EASTHOPE
from the FCSS desk

Our special guest this year is "Elmer the Safety Elephant." We know the kids would like to meet him. But wait a minute! I bet some of you 'older' children will remember Elmer as you may have met him a few years ago. Anyway, come and meet Elmer.

When you attend Information Night, you will have the opportunity to learn something you may not have known before. Did you know a person learns more rapidly from what he does than from what others do for him? Thomas S. Monson said: "One expert has concluded that 'the ratio of learning is: one by hearing, ten by seeing, and one thousand by doing'. A person does not learn nearly so well by sitting and lis-

tening to someone talk as he does by participating. He must be involved in the lesson. The secret of successful teaching, therefore, is getting a person to do something for himself. A class in physical education would not get much physical exercise if the teacher, day after day, went through the exercises herself and left the class idle. Someone else's tongue wagging is not enough activity to keep students alert."

Thus Information Night is the place to come to if you want to find out where to and how to get involved in an interest area for yourself or for your children. As quoted above, it is the "by doing" that makes the difference.

Speaking of doing and learning, I like what J. Golden Kimball said about checking on what one knows. He said: "I am going to ask you a few questions, and will let you answer them. If you don't know enough to answer them, then you don't know as much as I do."

Whether or not you know everything, or whether or not you can answer all questions, Information Night in Elk Point is the place to be tonight from 7 to 9 p.m. at the Elks Hall. See you all there!

Elk Point REVIEW

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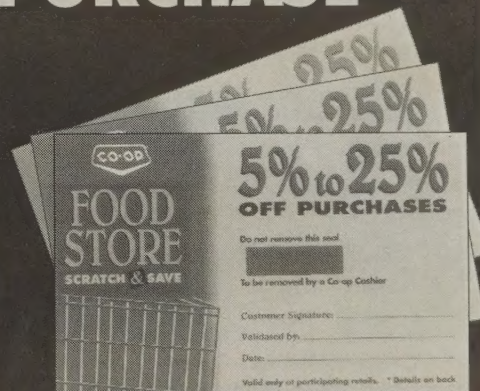


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of the Month
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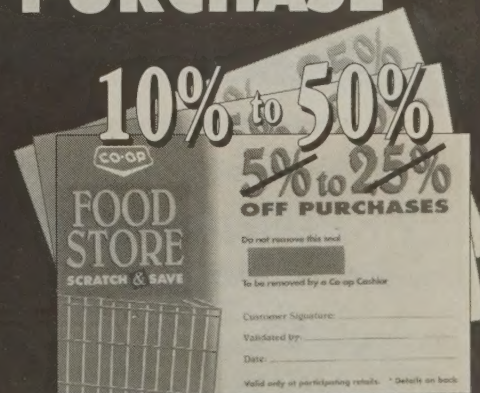
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YOUR COMMUNITY BUILDER



community NEWS

Grandparents' Day walk a huge success

(Continued from Front Page)

A popular local vocal trio, Debbie Lawrence, Matilda Furgher and Gwen Morris, sang a special tribute to 'Grandpa', followed by Hazel Hannah with a reading about today's non-traditional grandmas.

Mrs. Anderson announced the results of the poster and poetry contest, noting that all who had participated were winners. Melissa Ellis submitted entries in both categories, winning cash prizes from Hilltop Service and Footprints. Artwork by Janelle Letwin won a prize from the Cutting Edge, while poetry brought prizes for Hailey Ference, sponsored by TD Canada Trust, Seanna Joye Leaf, from the Garage Sale, Robin Ockerman, from UFA, and Elizabeth Orr, from Ace Pizza and Grill.

Entertainment was provided by a delightful duo dubbed Abe and Zeb. Abe was just back from a long trip and asked Zeb what was new. "Nothing much," he replied, except that Abe's dog had died from eating flesh from a horse that was killed when the barn caught fire from the house burning up after candles around his mother-in-law's coffin caught the drapes, after she

died of shock when Abe's wife ran off with the hired man. The extended story had everyone laughing at Zeb's droll way of getting the story across.

Donna Babcock presented a reading, "The Antique," from "Chicken Soup for the Grandparent's Soul," before Debbie, Matilda and Gwen were back on stage with an original song by Debbie, about her apprehension about becoming a grandparent. Now the grandmother of two, she says "I really love being a grandma."

Mrs. Anderson called grandparents "the connectors in the family," and asked "where else would kids run away to?" She thanked Hazel Hannah, Sharon Smith and Faye Smith for working with her on plans for the afternoon, and Hometown Grocers and Mooswa Holdings for donating cake and doughnuts for the post-walk refreshments.

Rev. Joep Langejans wound up the program with a blessing for grandparents, noting that at a funeral he had attended at Goodfish Lake, the elders shared their stories. "You are the elders who share your stories," he noted, asking that the grandparents "continue to share your stories and love"



ENJOYING A SUNDAY STROLL WITH GRANDMA AND GRANDPA - Three-year-old Alexandria Rutherford steps out with Grandma and Grandpa, Amelia and Dennis Jasinsky, in the Grandparents' Day Walk. Peggy Maas and Amelia Bowen were also among the huge throng of walkers who took part in the event to raise funds for the Alberta Council on Aging. Mrs. Maas was the day's top fundraiser, bringing in \$388.50 in pledges. Irene Melin and Virginia Smereka brought in \$310 each, Sharon Smith \$259, Diana Anderson \$255, Mildred Boyko \$225, Bernice Capjack-Hugo \$205, Amelia and Dennis Jasinsky a combined total of \$201, and Kelly Radcliffe, \$200. All participants raising \$200 or over received a "Senior Friendly" T-shirt.

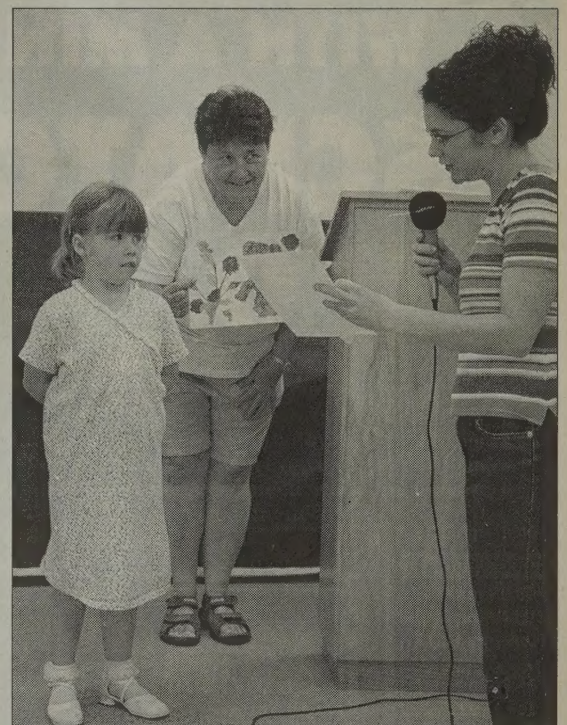
Congratulations, organizers and participants, on a very successful Grandparents' Day celebration!



SERENADING GRANDPA - Debbie Lawrence, Matilda Furgher and Gwen Morris offer a song of love.



PINT-SIZED POET Hailey Ference and Grandparents' Day organizer Diana Anderson look over the poem which won her an award from TD Canada Trust.



GRANDPARENTS' DAY ARTIST Janelle Letwin is congratulated by Myra Boothman of The Cutting Edge on her win, while Diana Anderson displays her colorful creation.

Your Quest:

To support seniors and others with needs in your community

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November 4, 2002 - June 27, 2003

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GENERAL MEETING

Tuesday, September 17, 2002

9 am - 2nd Floor Conference Room

Bonnyville Provincial Building

4904-50 Ave., Bonnyville, AB.

Individuals who live, work or play in the Cold Lake, Elk Point and Bonnyville areas are welcome!

To RSVP or for more information, please contact Lida Thomson at (780) 826-8223



McEWEN'S ESSO



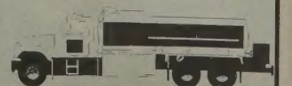
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HENRY ROSCOE
Manager



review SPORTS

Hockey talk - Let's keep minor hockey affordable

It's the same old song every year. When is hockey starting? How much does it cost? Well in case you haven't heard, registration, starts tonight at the FCSS Information Night. Come down to the Elks Hall and sign up. And if you miss tonight there's going to be another registration tomorrow night at the A. G. Ross Arena. The cost of registration is the same as last year, which by the way was the same as the year before. Elk Point Minor Hockey has always been committed to affordable hockey so that every boy or girl, that wants to play should have that opportunity. What about other fund raising, like bingos, is it really necessary? Maybe it would be easier to just pay the money and forget about the bingos and working the food concession, but what about the one's who just can't afford to pay the extra \$300 or \$400 which is about how much the fees are subsidized by the bingos and concession.

Now, some cost we can't control, like equipment purchases, every player must initially be outfitted with skates,



doug BASSETT

Review Sports

stick and the necessary protective equipment. Then as they grow older you must replace it. Plus, as players get older they break more sticks, and require more skate sharpenings. But, by looking around, often you can find some very good used equipment, from someone who's decided not to play, or has outgrown their equipment. And here's some other helpful tips to make your equipment last longer.

1) After every game or practice, hang up all your equipment in a well ventilated place to air dry.

2) Wipe your skates dry after every outing, checking them for nicks.

3) Never paint your helmet, stick any decals on it, or drill holes in it.

4) Never store your sticks in a warm area where they'll dry out and become brittle.

5) Repair your equipment at the first sign of problems. If you can't do it yourself, sometimes, shoe-makers can sew leather or heavy nylon products

How about travel cost? Tournaments often involve traveling some distance, and this brings in the costs of travel, accommodations and meals. Plus even in their own league, parents do incur travel cost when they transport their offspring to games and practices. An over ambitious coach or manager can some times talk a group of parents into a costly tournament or expensive trip. Here's some ways to save on travel costs.

1) Organize a car pool. Three or five cars traveling, is a lot cheaper than twelve or fifteen.

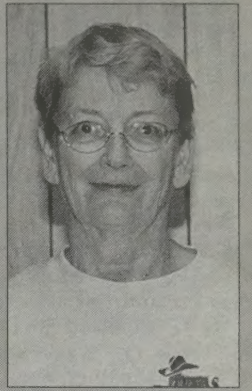
2) Play more games at home. Control the number of out of town tournaments. This also help our arena utilize it's ice times.

Gold medal bowler heads to Senior Games

Provincial gold medalist Faye Smith is packing up her bowling balls and shoes to head off to Summerside, Prince Edward Island, this weekend to compete in the five-pin bowling at the Canada Senior Games, September 18-21.

She won her gold medal and the right to compete nationally in July 2001 at the Provincial Senior Games in Lethbridge, and has been fundraising since this spring toward her trip to the Maritimes. Elk Point Elks Lodge and the Elk Point and District Lions Club were among the groups and individuals to lend their support.

The Games, held every second year, bring together competitors age 55 and over who represent each province and territory as part of a nation-wide program to promote wellness and healthy living, for Canadian seniors.



FAYE SMITH

Good luck in national competition to a great Elk Point ambassador!



Elk Point Minor Hockey REGISTRATION TONIGHT

7:00 PM TO 9:00 PM
At INFORMATION NIGHT

and

WEDNESDAY, SEPTEMBER 11
7:30 PM AT A.G. ROSS ARENA



Get motivated! Get moving!

By Carol Moro

Take Off Pounds Sensibly

Most people acknowledge that physical fitness is vital to overall health. Yet few people are active enough on a regular basis to reap significant benefits. Experts estimate that 40 percent of the population is completely sedentary, less than 20 percent exercise often enough and vigorously enough to improve their cardiovascular health, and of those who start an exercise program, 50 percent drop out within six months.

What's the secret of those who do stick with it? Different strategies work for different people. In addition, as you progress from beginning exerciser to committed fitness buff, you may find it helpful to use new motivational methods at various stages. The following tips will help you to keep moving.

■ Be realistic. Attainable goals prevent frustration and give you a sense of immediate accomplishment.

■ Define your goals precisely. Specific, measurable targets let you know precisely where you stand: "I will take a 30-minute walk three times this week," for instance, or "I will do an upper-body workout on Monday and Thursday."

■ Make the most of workout time. You don't have to spend hours every day to get fit. Increasing the workout's intensity lets you spend less time and achieve better results.

■ Stay informed about your body and your workout. Proper technique helps prevent injuries

that would delay your progress.

■ Seek variety. Once you've learned the basics on one exercise, try variations. Also, experiment with new activities. This prevents the boredom that has derailed many a good intention.

■ Keep an exercise journal. A written record of your workouts provides a gratifying testament to your progress. It also helps you zero in on the exercises, workout times and conditions that are optimal for you.

■ Know your limits. Seasoned athletes, even pros, build rest days into their schedule. You should, too. And be alert for signs that you're overdoing it: fatigue, irritability, excessive soreness, elevated resting heart rate, or insomnia.

■ Most important, find an exercise you enjoy. If you really like what you're doing, you won't have to force yourself. Your workout will become a welcome break in the day, a time of refreshment and renewal.



NOTICE

County of St. Paul No. 19

Notice is hereby given that the Council of the County of St. Paul No. 19 intends to pass a bylaw to amend Land Use Bylaw No. 1294, as it relates to the following:

Add to Section 41(2) the following Discretionary Use:

(o) Fur Bearing Animals

A Public Hearing will be held on Tuesday, September 10, 2002 at 2:00 pm or as soon thereafter as can possibly be arranged, at the County Office in St. Paul.

Copies of the proposed changes to the Bylaw may be inspected during normal office hours at the County Office.

For further information, contact the County Office at 645-3301.

Kim Heyman, County Administrator
County of St. Paul No. 19
5015-49 Avenue,
St. Paul, AB., T0A 3A4



St. Paul Golden Bear Hockey School Ice Schedule

Friday, September 20, 2002 - Clancy Richard Arena

5:15 pm - 6:15 pm	Novice
6:30 pm - 7:30 pm	Atom
7:45 pm - 8:45 pm	Peewee (Will Include Checking Clinic)
9:00 pm - 10:00 pm	Bantam (Conditioning Camp)

Sat., September 21, 2002 - Clancy Richard Arena

8:00 am - 9:30 am	Novice
9:45 am - 11:15 am	Atom
11:30 am - 1:00 pm	Peewee (Will Include Body Checking Clinic)
1:15 pm - 2:45 pm	Bantam (Conditioning Camp)
3:00 pm - 4:30 pm	Novice
4:45 pm - 6:15 pm	Atom
6:30 pm - 8:00 pm	Peewee (Will Include Body Checking Clinic)
8:15 pm - 9:45 pm	Bantam (Conditioning Camp)

Sunday, September 22, 2002 - Clancy Richard Arena

8:00 am - 9:30 am	Novice
9:45 am - 11:15 am	Atom
11:30 am - 1:00 pm	Peewee (Will Include Body Checking Clinic)
1:15 pm - 2:45 pm	Bantam (Conditioning Camp)

St. Paul Hockey School Registration Form

Participant's Name _____ Age _____
Address _____ Town _____
Postal Code _____ A.H.C.N. _____
Phone Number _____

Circle School Program That You Are Registering In:

NOVICE ATOM PEEWEE BANTAM

Registration Fee: \$75.00

Please make cheque payable to: St. Paul Minor Hockey

Register by mailing to St. Paul Minor Hockey

P.O. Box 2003, St. Paul, AB., T0A 3A0

or at

MINOR HOCKEY REGISTRATION NIGHT

September 10 & 11, 2002.

REGISTRATION DEADLINE: SEPTEMBER 19, 2002.

For further information contact:

Remi Joly @ 645-4354 or Denis Ouellette @ 645-5396

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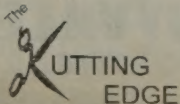
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Attention Wendy

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Fax (780) 645-6558

Box 650, St. Paul, T0A 3A0



back to SCHOOL

Helping your teens choose a career

By Barb Grinder

Alberta Teachers' Association

How can we help our teenager choose a career? That's a question many parents of students entering Grade 12 or university this fall have been asking themselves during the summer. But according to Rochelle Yamagishi, an elementary liaison counselor with the Lethbridge School District, the path to a wise career decision should actually start a lot sooner than Grade 12.

Yamagishi says some children are very focused at an early age and think they know exactly what they want to be. Others are not. In either case, she suggests that parents help their children become aware of different job options - and what those jobs might entail - as soon as they show any interest in the world of work.

"A lot of parents aren't aware of the career opportunities available today, so it can be a family learning experience," she says. "Parents can start with their own jobs, perhaps taking the child to

work with them for a day. They can also get relatives and friends to describe the work they do."

But Yamagishi thinks it's quite easy to go beyond personal knowledge and contacts. If your child likes computer games, you might find someone who designs them and is willing to talk to your child about the educational requirements, the pay and what the work is like. "If your child wants to be a fashion designer, you could start by taking a trip to a fabric store and talking to the staff, then teaching your child to sew, and eventually you could design a simple outfit together."

All high schools in the province now offer Career and Technology Studies (CTS), which helps students explore the job market. CTS options are available in areas ranging from agriculture to energy and mines, from legal studies to wildlife. Currently, there are approximately 260 units in the curriculum, although most schools offer only a few. Many schools also have work experience programs for students who are less academically inclined or need a break from the classroom setting.

Many school districts also sponsor Career Days, when they invite representatives of industry to gather with high school and junior high students to discuss the job market. Yamagishi suggests that parents might attend these sessions with their children and then discuss what they learned together.

"You also need to recognize and honor your child's differences. Schools have to teach to certain standards and teachers aren't usually able to follow up on individual needs, but parents can. Children usually don't like being different when they're around their friends, but they do need time to be themselves and express their differences, especially if they're to be happy in a career. The main thing, though, is to follow up the interests the child develops and talk to them about those interests and about their dreams," she says.

Yamagishi says her own daughter, now 19 and in her first year of university, still isn't sure what she wants to do. "She's a very talented singer, and like many children, dreamed of a career on the stage, but the music world is so competitive that it seems like such an impractical and unlikely possibility. On the other hand, what if Wayne Gretzky's father had told him you can't make a living playing hockey?"

Helping them with homework

By Barb Grinder

Alberta Teachers' Association

Kids aren't the only ones who hate homework. For many parents, getting their children to do homework assignments - and do them right - is a major headache.

Homework may be a headache, but it's an essential part of the learning process, says Phil Adams, a teacher and principal at Hill Spring School in southern Alberta. "Homework gives children the chance to internalize concepts they learn in school. It's a critical way of reinforcing what they learn. Kids who don't complete their homework assignments don't do as well in school."

Adams says one of the most important things parents can do is to establish a climate conducive to getting homework done. For some children, setting aside an appropriate amount of time directly after they get home from school works best, but for others, the best time might be after supper. "There are so many homes where both parents work and there's no parental supervision after school. Children need to develop self-discipline, but it takes time for that to happen. It also helps if a parent is there to give assistance with the homework."

Adams believes parents shouldn't help too much with actual assignments, but can provide starting points and ideas for discussion from their greater experience, especially for larger assignments such as science projects or term papers. "Parents can be helpful in getting children started, though they shouldn't take over the project. They can also help the child progress through a longer assignment in stages, instead of leaving it all for the night before the project is due." Adams suggests that parents and children work together to set a timeline that includes dates to complete background research, make an outline, gather additional information and complete the project. Setting a schedule helps the parent know when he might have to spend time taking the child to the library or working with the child on the Internet. It also makes the work of a larger project seem less intimidating, he says.

(Continued on Page 9)

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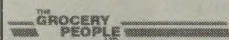
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what's NEWS at the LIBRARY?

Please check the renewal date on your library card

By Daphne Schnurer
Librarian

September is Library Card Sign-up Month, and this is just a reminder to check your sticker on the front of your card and see if it is time to renew your library membership.

Membership is for a year from the time you purchase your card.

Registration fees are \$10 for adults, \$15 for families, and \$5 for

entire family or for an adult to use. Sharing of cards is not permitted

are an important part of our budget.

New patrons please note: identification is required when purchasing a library membership, and children need a parent's signature to join. Due to the increasing problem we have with returning library materials, a six-item limit is placed on each new card for the first

three months.

Information Night

The library will have a table at Information Night tonight at the Elks Hall. Be sure to drop by, enter your name in our draw, and check out some of our great new materials. We will also have a great sale of used books for all ages.

Internet Use

Children using the Internet are required to fill out an Internet consent form which must be signed by the parent. There is a 20 minute time limit per patron when someone else is waiting.

Reminders:

Disruptive, inconsiderate behavior such as roughhousing, hollering, running, pushing and

shoving will NOT be tolerated in the library.

It is important to RETURN LIBRARY MATERIALS ON TIME. Other patrons may be waiting for that book or video, so please be considerate and bring 'em back on time!

We are now back to our REGULAR HOURS: Monday, Tuesday and Thursday, 1 p.m. to 5 p.m.; Wednesday, 1 p.m. to 8 p.m., and Friday, 10 a.m. to 5 p.m.

STORYTIME is back every Friday morning at 10:30 a.m. Join us for stories and crafts. Everyone welcome.

Our first Seniors Tea of the fall was a huge success, with one of our biggest groups ever. Our next Seniors Tea is scheduled for Tuesday, October 1 at 2 p.m.



seniors and children. Please do not purchase a child's card for the

either. The library is a non-profit organization and membership fees

The rise and fall of Type 2 Diabetes

By Carol Moro

Take Off Pounds Sensibly

It's an unfortunate fact of modern life: diabetes is on the rise. In fact, an estimated 100 million people worldwide have diabetes, and because symptoms can develop gradually, many don't even know they have it.

Diabetes is a disorder in which glucose, a type of sugar, can't be properly utilized by the cells of the body. Instead, glucose accumulates in the bloodstream and is eliminated in the urine.

Type 2 diabetes is on the rise. This type is also known as adult-onset diabetes, since it usually becomes apparent in people in their late fifties or early sixties. However, recently there has been an alarming increase in type 2 diabetes among younger people as well. Researchers attribute this to the rising rates of obesity in people of all ages; over 80 percent of people with type 2 diabetes are obese.

Why be concerned about all of this? Because diabetes is associated with serious

health complications: blindness, kidney failure, limb amputations, coronary disease, and stroke.

The good news is that a sensible diet and exercise can delay the onset of type 2 diabetes in people at high risk for the disease: those who are obese, particularly around the waistline; those who begin to experience symptoms of diabetes during pregnancy; and those with a close family member who has a history of diabetes.

For a free brochure on reducing diabetes

risk, call TOPS at 1-800-932-8677. TOPS is a member of the U. S. Surgeon General's coalition on Healthy People 2010, which is dedicated to reducing significant preventable threats to health, including obesity and lack of exercise.



THANK YOU

ORR, Elden

A sincere and heartfelt thank you to many residents of this area; to the Doctors and Staff of Elk Point Hospital for their comfort and care; to the businesses who remembered their employees and families with flowers; to the neighbors and friends who brought flowers and food to our homes; to the United Church for the use of their sanctuary; to the Minister and Choir for leading the Memorial Service; to the Seniors for providing refreshments at the Fellowship Hour and to John Yewchin for his professional expertise.

The Orr Families in Alberta and Ontario

Helping with homework

(Continued from Page 8)

Wilco Tymensen, a teacher and the principal of ACE Place Learning Centre in Taber, also believes self-discipline is critical to the learning process. "Some parents want so much for their children to succeed at school, they wind up doing the work for them. But supplying your child with the answers for their homework is counter-

productive. Help with homework is not about giving kids the answers, but about helping them understand how to solve the problem.

"We teach our students that it's okay to ask for help in understanding how to do something, but eventually, you have to do the work yourself. In the real world, you can ask a supervisor or coworker for help initially, but you'll be out of a job if you don't learn to do it yourself pretty soon."

Tymensen cautions parents not to use the exact problem from the homework assignment when helping a child, but to teach the concept using different examples. "Once the child seems to understand the concept, have him tackle the homework

problems himself."

Both teachers suggest that one of the best ways parents can help their children with homework is to devise activities that complement school assignments. Studies show that at least 75% of children need both visual and verbal clues to learn. Parents can add a visual component to school work by drawing and coloring pictures, making collages, using and creating maps, or helping the child with experiments. Family field trips and holidays to places that in some way relate to the child's school assignments also provide visual context and show the child that learning and homework can be fun as well as interesting.

Pioneer Circle bingo

September 2, 2002

Leatha Ockerman \$45, Flora Gladue \$15, Louis Lumley \$30, Pauline Deschamps \$60, Bernice Capjack-Hugo \$30, Barbara Roy \$30, Zelma Krucik \$30, Louise Popell \$53, Melvin McGinnis \$30, Olga Bayrock \$30, Jean Ference \$30, Sam Barstad \$30, Wanda Lajimodiore \$30, James Paul \$30, Philip Gladue \$30, Lil Buksa \$23, Adella Jennissen \$27, Annie Stanley \$18, Diane Dion \$50, Debbie Orr \$68, John Joe Fryingpan \$24, Arthur Stanley \$24, Arlene Bochon \$24, Philip Gladue \$24, Margaret Gladue \$24.

CHURCH SERVICES

Elk Point Baptist Church

5705 - 49 St., Elk Point

Pastor Jim MacLellan

Family Worship Service

Sundays - 10:00 a.m.

Sunday School - 11:15 a.m.

Call 724-4194 for more information

or see our Website:

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Orthodox Church, Elk Point

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St. Paul or 724-4351, Elk Point.

United Church of Canada

4822 - 50 Ave., Elk Point

Rev. Jope Langejans, 724-3616

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Sunday School 10:30 a.m.

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Pastor Jerry Richards

Meeting at Elk Point Seniors

Centre, Hwy. 41 and 51 Ave.

Sunday Worship 10:00 a.m.

Prayer & Bible Study 7:00 p.m.

Thursdays at 5109 - 59 Ave.

Phone 724-4991 for information.

Elk Point Christian

Community Church

Phone 724-2493

Pastor Richard Owen

Congregational

Followers of Jesus Christ

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Railway Avenue and 53 St.

Sunday Worship - 10:00 a.m.

Sunday School - 10:00 a.m.

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Catholic Church

Fr. Nong (645-3277)

Sundays: Mass 11:30 a.m.

Children's Catechism 10:45 a.m.

Mondays: Bible Study 7:30 p.m.

1st Tuesday of the month: 4 p.m.

Mass at Extended Care

Wednesdays: 7 p.m. Mass fol-

lowed by Holy Hour/Benediction

Confessions: Before and after

Mass and upon request

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review CLASSIFIEDS

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13.....Livestock	100.....Display Ads

1 AUCTION

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TWO LARGE ANTIQUE Auctions, Sunday, Sept. 15, 10 a.m.; Sunday, Sept. 22, 10:30 a.m. Camrose Elks Hall, 4702 - 50 Ave. For more info contact Doug, K&K Auctions, 780-375-2376.

ANTIQUE AND Collectible Auction, Sunday, Sept. 15, 11 a.m., Bowden Community Hall, Bowden, Alberta. Coins, glassware, toys, furniture, lamps, carnival, fine china, cast iron, lots of smalls. Pilgrim Auction, 403-556-8555; www.auctionsales.ca.

ACREAGE AUCTION for Lois Child of Viking, Alberta, Saturday, Sept. 21, 2002, 10 a.m., 2 miles North of Viking on RR130. Good selection of shop items, household furniture, appliances, antiques and collectibles. Contact: Bishop Auction Service 1-800-486-4677. Website: www.bishopauction.com.

FARM MACHINERY Auction Sale for Ed and Mary Kowalchuk at High Prairie Agri Plex, High Prairie, Alberta. Saturday, September 21/02 at 10 a.m. Komatsu D 31P-18 crawler; J.D. 4640 tractor; NH 1500 combine; IHC 620 drills; trucks; swather IHC-230; plus tillage and misc. equipment. Sale conducted by Clyde Auctioneering, Box 134, Clyde, AB, T0G 0P0. 780-348-5767; 780-348-5414. Fax 780-348-5959; www.clydeauctioneering.com.

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4 BUSINESS OPPORTUNITIES

BUSY! Need winter work? Christmas Time is coming! Operate a Christmas Lite Franchise in your area. Starting from \$3995; http://www.snowlites.com. 1-204-383-5782.

EARN A SECOND income \$500. - \$5000. / month. Work from home. Call 1-888-236-0921; www.dreamssoeasy.com.

EXCITING TRIPS! Recognition! Extra income! Join Balance Fashions, Canada's most successful home based clothing company featuring career and upscale casual wear, sizes XS to 3X. Full-time, part-time, or fun-time - no minimums! Toll free 1-866-452-7286; www.balancefashions.com.

FOR SALE. Small cheese manufacturing business located in central Alberta. Good clientele with sales nation wide. Great opportunity to step into a turn-key operation. Contact Johan at 403-843-3606/403-843-4217.

ECHINACEA (ang.) Seedlings Sale. Special price \$0.12; volume discount \$0.10. Plant until Sept. 30, 2002. Seed available. Require Echinacea root for market. Toll free 1-866-665-1599.

SUCCESSFUL TRANSMISSION business for sale in Lloydminster. Call Keith Weinbender at Century 21 Lloydminster Realty, 780-875-3700 or 780-871-1190.

ESTABLISHED (15 years) Flower & Gift Shop in Valleyview, Alberta. Main Street location. Excellent return on your investment. Serious inquiries only. Sonya 780-524-3799.

EARN MONEY this Christmas! The Body Shop at Home is growing. Our home party team in Northern Alberta, NWT and Yukon. Call Joanne for this incredible opportunity, 780-455-8047.

WORK FROM HOME. Do you have a phone? A computer? We require agents to sell big ticket items. Training provided. \$60,000. per year earnings. 1-877-322-8234.

TAXI BUSINESS for sale in Athabasca. Well established, operating since 1990. "The only taxi in town." Ideal family business. Call 780-675-5359.

I HAVE FOUND an exciting business opportunity. You can "work it" from wherever you want. Free info online at www.thisway2dreams.com or 1-800-673-2092. Check it out..

4 BUSINESS OPPORTUNITIES

DISTRIBUTORS WANTED to sell and promote blockhead block heater cord storage systems, less than \$10. per unit. Phone 403-362-6748; www.blockhd.virtualave.net.

TAKE CONTROL of your income and your future with a Watkins home based business. Training and support included. If committed and enthusiastic describes you, call 1-800-375-1114.

MOST IMPORTANT DISTRIBUTORSHIP offered in Alberta. 25K investment with a potential return of six figures+ annually. \$500. billion market. Read meters, collect money. Turnkey, no competition. 1-800-213-2166.

6 EMPLOYMENT OPPORTUNITIES

20 WEEK ENVIRONMENTAL Reclamation Program, Drumheller, Alberta. Date: November 18, 2002 - April 25, 2003. Call Olds College Extension Services, 1-800-661-6537 ext. 7956 or 403-507-7956 or www.oldscollege.ab.ca.

ATTENTION ARTISTS. Learn this year round moneymaker, hand painted window art, lettering for: seasonal images, greetings; sales and Christmas windows! Workshop, October 4, 5, 6, Edmonton. Information, Brochure 780-457-7109.

BECOME A PROFESSIONAL Auctioneer at Olds College, Olds, Alberta, October 7, 2002. \$1175. \$1500. with room and board. Free brochure. International School of Auctioneering, 1-800-465-7578.

EXCITING WELL PAID careers: Computer programming/internet website design. Home Study Diploma. Laptop computers provided. Free enrolment kit 1-800-477-9578 (24 hours) CMS Training.

T.M. MINARD TRUCKING Ltd. an International carrier, specializing in all aspects of open-deck freight, is seeking professional owner/operators to pull company/owned flat-decks and step-decks. Supplied licence and insurance, fuel cards as well as permits and tolls paid. Call 1-877-842-3288.

FREE INFORMATION REVEALS Why Now Is The Time - International marketing group planning Nationwide roll-out of high demand product, looking for self motivated, out-going, no fear to make serious wealth; www.exceloffice.net/thegrant-team or toll free 1-888-271-9975.

MOTORCYCLE MECHANIC. Licensed. Full-time. New shop. Excellent benefit package. Call Terry at 780-826-6121, T&T Power Sports, Bonnyville, Alberta.

MEATCUTTER/BUTCHER. Small abattoir east central Alberta. Full-time position. Phone or fax resumes to 403-577-2260. Attention: Steve.

EARN A SECOND income with a new career using your computer. Earn \$500. - \$5000. per month part-time, full-time. Work from home. Call 1-800-352-1668; www.yourdreamstowin.com

REQUIRE Oil Haul Driver

For year round employment or seasonal gravel hauling. Ph. Don 724-3811

6 EMPLOYMENT OPPORTUNITIES

R.D.H. BUSY 4 day practice team member in modern, professional office. Production bonus incentive. Resume: Dr. Lee Olsen, 4839 - 50 Ave., Vermilion, AB, T9X 1T5. Phone 780-853-4704. Fax 780-853-6814.

CONTRACTOR with mechanical equipment required to harvest 23,000 cubic metres of Softwood. Will consider stump-dump or leasing quota. Phone 204-689-2261, Wabowden, Manitoba.

TECHNICIANS - Looking for a change? How about beautiful BC? Required immediately. Qualified techs to join our busy automotive service team. Candidates must be skilled tradesmen willing to keep abreast of new technologies in the industry. Preference to those with transmission, drivability/electrical or diesel skills. We offer an attractive wage and benefit package and a clean, modern, state-of-the-art facility to work in. Located only 25 minutes from Vancouver. If interested in being a part of our team, please forward your resume via fax or email to: Motorcade GM. Attention: Service Manager, 30355 Autowall Drive, Abbotsford, BC, V2T 5M1. Fax 604-857-5283 or email: servicemgr@motorcadegm.com.

6 EMPLOYMENT OPPORTUNITIES

JOCUS EDUCATIONAL TOYS! A Canadian company offering the most extensive collection of toys, games, puzzles, arts/crafts at the best prices. Have fun earning free toys, great commissions and bonuses. 1-800-361-4587 ext. 9335; www.jocus.com.

ACCEPTING APPLICATIONS for automotive parts personnel. Experience an asset. Competitive salaries and benefits. Possible advancement. Resume to WFS, Box 1418, Kindersley, SK, S0L 1S0. 306-463-4242.

BOUNDARY FORD Lloydminster expanding parts department requires apprentice/journeyman parts person. Ford experience asset. Remuneration upon qualifications. Full benefits and pension. Contact Bob Wilford 1-306-825-4481.

6 EMPLOYMENT OPPORTUNITIES

WATER TREATMENT Plant Operator 2 needed immediately, High Level, Alberta, for Class 3 Plant. Valid Alberta certification mandatory. 780-926-2201 for details. Fax 780-926-2299; www.town.highlevel.ab.ca.

FEELINGS OF CHRISTMAS needs consultants for Canada's fastest growing home party plan. Minimum investment, above average income, bonuses, ground floor opportunity. Call toll free 1-866-LUV-XMAS.

ATTENTION: Zone 6 Metis! Dreaming of working in a trade? How about as a plumber-steamfitter/pipefitter? Pre-employment program funded by Zone 6 Metis Nation of Alberta. Starts September 30. Call Gerry toll free at 1-888-999-7882 ext. 695.

SUNSHINE VILLAGE SKI Resort, Banff, requires enthusiastic, well-presented, reliable guest service staff for all positions. Reply online application form www.skibanff.com or fax 403-762-6513. Email: sunshinehr@skibanff.com. Phone 403-762-6546.

ACCOUNTING FIRM in Central Alberta requires C.A.'s, CMA's and CGA's interested in a career in public practice. Fax resume to Cookson, Kooyman, CA's, Lacombe 403-782-3070.

CAREER OPPORTUNITY

E-Can

OILFIELD SERVICES

Are You Interested In:

Regular Schedule, Full Benefit Package, Safety Bonus & Profit Share, Working for a Reputable Company in the Oilfield Service Industry

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NO TELEPHONE INQUIRIES PLEASE

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BONNYVILLE NOUVELLE Mondays - \$6.00 per week + GST

COLD LAKE SUN Tuesdays - \$6.00 per week + GST

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COMBINATION OF 4 PAPERS - \$18.00 / WEEK

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review CLASSIFIEDS

6 EMPLOYMENT OPPORTUNITIES

TECHNICIANS REQUIRED for busy Ford franchise. Conscientious individuals who can work with a great team. You can expect top pay based on apprenticeship levels and specialties full benefits, RRSP plan, a very supportive master technician shop foreman, and moving assistance available. Journeyman or apprentice is required. Fax to Don at 780-675-5818. Email: d-yurkew@landingford.dealers-mail.com.

DUCHARME MOTORS of Bonnyville, Alberta requires apprentices and journeyman technicians. Starting bonus up to \$5,000. Wages up to \$28./hour (tool program). Excellent benefits. Ford experience an asset. Fax resume 780-826-7430.

TIRE SERVICE position available. Truck and farm service experience an asset. Career development advancement and rewarding opportunities available. Compensation package negotiable. Send resume: OK Tire, Box 1165, Rocky Mountain House, AB, T4T 1A8. Fax 403-844-9322. Phone 403-844-8473.

BUILDING SALES POSITION UFA United Farmers of Alberta, has a position available in Ponoka, Alberta. We are looking for a mature, hardworking individual to actively promote and maximize sales and profits in agricultural and residential building packages as well as associated building supplies. Blueprint and estimating will be assets. Training is provided. Competitive salary and benefits. Fax resume to 403-556-3781 or email resume and questions to: howard.uphill@ufa.com. Position 9/808.

APPRENTICE/JOURNEYMAN millwright for Elk Point/Bonnyville, Alberta area. Oilfield experience on all pumps preferred. Require good driving record. Top wages/benefit package. Fax resume 780-645-7874.

ATTENTION: MOMS. Work from home in your own business (not an MLM). Excellent remuneration based on performance. Major Canadian company offering highly successful educational investment program. Professional training and support. Learn how you can help children in your area by call Don Anderson at 1-888-713-7377.

SYNTECH ENERFLEX has career opportunities available in the Drayton Valley Branch for journeyman instrument mechanics. Competitive wages and benefit packages. Please fax resume to 780-542-3864. Attention: Greg Bilodeau. Email: greg.bilodeau@enerflex.com.

BER-MAC ELECTRIC and Instrumentation Ltd. currently has openings for electricians and instrumentation men. Competitive wages and benefits. Come join a leading-edge company that believes in and respects quality tradesmen. Fax 403-845-5406.

6 EMPLOYMENT OPPORTUNITIES

BUILDING MANUFACTURER requires sale persons, training and support on big ticket item sales. High returns. \$60 - 90,000. per year. 780-918-3715.

SCHWAB'S WETASKIWIN Chevrolet requires licensed heavy duty technician to add to our existing team. We have a recently renovated facility with a positive, team oriented work environment. If you have dealership experience and GM training you may be the person we are looking for. We offer an aggressive flat rate pay plan and complete company benefits package. Submit resume or contact Larry McLeod in strictest confidence at Schwab's Wetaskiwin Chevrolet, 4710 - 56 St., Wetaskiwin, AB, T9A 2E8. Phone 780-352-2206 or 780-422-6474.

AGRITRAC EQUIPMENT located in Westlock, Barrhead and Vegreville requires top individuals for the following positions: service advisor and writer (Westlock) journeyman service techs (all locations), territory salesperson. Please submit cover letter and resume in confidence to: AgriTrac Equipment Ltd., Attention: Michael Karczmarczyk, 11140 - 100 St., Westlock, AB, T7P 2C3. Fax 780-349-3308; michael@agritrac.ca.

TEAM LEADERS/account reps required by national company. Love talking? Good people skills. Work campuses, events and malls. Full-time or part-time. Fax resume Simon 604-207-0565.

HOME & GIFT, Canada's premier direct sales company, is seeking consultants in your area. Wonderful earnings and exceptional products. For free information call 519-258-7905 or visit: www.homeandgift.ca.

ALARM-ZONE, Canada's largest ADT home security dealer is expanding its operation in the Calgary region. New sales concept - no cold calls - pre-sold deals only - 85% closing success rate - excellent financial opportunities. We are looking for the right individuals to join our sales team. If you are ambitious, a strong closer, have your own vehicle and can work days, evenings and weekends, we want to hear from you now! Call Robert Brodeur at toll free 1-866-404-6238 ext. 220.

GO GLOBAL from home. Revolutionary, new E-biz system for company with 65% payout from start; www.ourglobalvillage.us.

WE'RE EXPANDING our grain terminal. Assistant Manager required. Grading and cleaning experience. Forward resume: John Noble, Parrish & Heimbecker Ltd., Box 97, Bow Island, AB, T0K 0G0. Phone 403-545-2748.

TYPESETTER REQUIRED. Experience in Quark XPress. Full time position, some evening work. Resume Lyle Martin, Stony Plain Reporter, fax 780-963-9716. No phone calls. Email: ads@stonyplainreporter.com.

6 EMPLOYMENT OPPORTUNITIES

COMPOSING, IMAGING TECHNICIAN - Webco, Leduc. QuarkXpress, Adobe Photoshop, a sound knowledge of Macintosh platforms is essential. Fax: Kelly Wolden, 780-986-6397. Email: Webco@ccinet.ab.ca.

7 ENTERTAINMENT & EVENTS

ANTIQUE SALE, Sportex Building, Northlands Park, Edmonton. Saturday, Sept. 21, 9 - 5 p.m. and Sunday, Sept. 22, 10 - 5 p.m. 60 top antiques and collectibles dealers from across Canada. Excellent quality, super variety. Admission \$5. Information: 1-800-667-0619 or antiqueshowscanada.com.

CATTLE RAFFLE! Draw Date: January 25, 2003. Win 20 bred heifers (approx. \$26,000.) 5 cash prizes \$1,000. 2,200 tickets, \$50. each. Write: Nanton Minor Hockey c/o Doug McDonald, Box 754, Nanton, AB, T0L 1R0. License #196797.

8 FEED & SEED

LARGE GREEN FEED and hay. JD hardcore 1400 - 1500 lbs. Shipping from Yorkton, Saskatchewan. 403-350-5027.

FEED COST EFFECTIVE ALFA-TEC hay cubes from Legal Alfalfa Products Ltd. Eco, nomic and nutritional advantages for horses. Telephone 1-877-253-2832. Website: www.alfatec.ca. Some distributors are required.

HEATED CANOLA and flax wanted. Also buying wheat, oats and barley. Heated, light, frozen or damp accepted. "On farm pick-up". Westcan Feed and Grain toll free 1-877-250-5252.

BUYING ALL FEED grains, heated grains, screenings, etc. Farm pickup or delivered! Quick payment. Excellent freight and transportation services. Now Bonded. Call us at 1-800-661-2312.

ROUND HAY and straw bales; 1859 20' MH header, w/floating cutter and pickup reel; 30' pipe bale wagon; crop lifters. Wanted: Cows to pasture, bale shredder. 306-435-3472.

OATS & PEAS WANTED

ON FARM PICKUP
Immediate Payment.
Toll Free 866-349-2056

9 FOR RENT

ACREAGE HOUSE FOR RENT - 2 miles from Elk Point. For more information call 724-4058 evenings. Sept14

MOBILE HOME FOR RENT - 10 miles west of St. Paul. Appliances included. \$650 / month, \$600 d.d. No pets! Call 645-2390 evenings only. Oct1

2 BEDROOM HOUSE - With garage. Available October 1, 2002, c/w 5 appliances, close to downtown Elk Point. Rent \$500, d.d. \$500. Utilities not included. Phone 1-780-467-9283. Sept10

10 FOR SALE

FOR SALE - Well pump jack c/w electric motor, in good working order. Phone 645-2200 evenings. Sept10

SLEEVELESS WEDDING DRESS - Cinderella style. Size 16. \$650 obo. Phone 645-2059. Sept10

FOR SALE - New River Edge self-climbing tree stand and new climbing sticks. Will sell separately. Phone 724-4609 after 6:00 pm. xxx

STOP SEPTIC effluent drain-field freeze-up with the TERMINATOR Insulated Drainfield Chamber for superior effluent treatment and disposal. Canadian-made, certified, economical. Call Beaver Plastics 1-888-453-5961.

10 FOR SALE

SAWMILL \$4995. All new Super Lumbermate 2000, larger capacities, more options. Norwood Industries, manufacturer of sawmills, edgers and skidders. Free information, 1-800-566-6899, ext. 400. OT.

DROUGHT PROBLEMS. Solve your irrigation and remote watering problems. Reliable, fuel efficient, pump sets, diesel engines, and generators. Call 1-877-433-3735.

NEVER BUY another air cleaner. Advanced flow air cleaners, washable, 63% more airflow, increases power, saves fuel. Gasoline and diesel domestic trucks. Best brand 1-800-667-6879.

ALL STEEL BUILDINGS. Factory direct. No dealers. 25' X 32' \$7200.; 25' X 40' \$7800.; 30' X 40' \$9500.; 32' X 50' \$12,000.; 40' X 60' \$16,500. Many other sizes and prices. Call 1-800-504-7749; Pioneer-Buildings.com.

WHOLESALE ENGINE PARTS. Cummins overhaul kits from \$1046. Best quality at factory direct prices. Cat, Cummins, Detroit and much more. Exchange engines. DSG 1-800-667-6879.

TREES CHEAP INC. Two year old Colorado Blue Spruce \$3.99 each. Alberta Spruce \$2.99 each. 10 minimum. Free shipping. The more you buy the cheaper they get. 1-800-993-2582.

D6 CAT DOZER. Good shape Serial #9U2554; \$8,000. o.b.o. Truck Western Star 10,000 Km on rebuilt NTC 350 Cummins Engine. Good tires. \$10,000. o.b.o. 403-653-2057.

TENT MANUFACTURER is selling new and used tent buildings of various sizes at reduced prices. 18' - 124' wide. Lease/rent/purchase. Available immediately. 780-918-3715; 1-877-322-8234.

BULK FIREWOOD - seasoned spruce, pine, aspen, pick-up or delivery. Large quantities available, i.e., campgrounds, dealers, retail sales or private. Contact 403-619-1942 or email: ecurb1701@aol.com.

SPRUCE AND LARCH trees, 2' - 6'. Transplanting season again! Don't be disappointed order now! Prices from \$4. on volume orders. Discount Tree Sales, phone 403-722-4144; 403-556-4450.

STEEL BUILDINGS. Go direct and save! Beat next price increase. 20 X 20 \$2,980; 25 X 30 \$4,200; 25 X 40 \$5,700; 30 X 40 \$6,700; 32 X 50 \$9,800. Many others. Pioneer 1-800-668-5422. Since 1980.

NEED A COMPUTER - Don't have cash? The original IBM PC, just \$1. a day, no money down! The Buck A Day Company. Call 1-800-666-3547; www.buckaday.com.

SAMSUNG FLAT screen TV's. 27", 20" and DVD player all for just \$999. or a \$1. a day. No money down! The Buck A Day Co. 1-800-291-2925; www.buckaday.com.

\$393.47/MONTH. YES! That's right! 3 bedroom, 2 bathroom homes from \$393.47/month. Price includes delivery anywhere in Alberta (south of Edmonton), skirting, GST. We finance. 1-800-347-5590, Red Deer.

\$74,900. 1520 SQ. FT. 20' wide includes LowE windows, R40 insulation, carpets throughout, delivery blocking skirting. Exciting new plans. Quality 16' x 80' five appliances only \$62,900. Pleasant Homes 1-866-962-0238.

NEW BUNGALOWS for sale. Over 12 floorplans. From our site to yours. Westalta Modular Homes as low as \$72,900. Call collect 780-960-2100 for more information.

YOU ARE 90 DAYS away from living in the home of your dreams. Affordable custom built homes to suit your needs. Call Pride Developments 1-866-760-0005 for your free consultation.

10 FOR SALE

NEW 18 WIDES available now for viewing. \$65,400. 3 bedroom, 2 bathrooms, incredible price. Visit and tour our manufacturing facility on corner of Highway 16 and 60. Call today Ridgewood Homes Inc., Red Deer, 1-800-797-5714; Calgary, 1-800-797-5717; Edmonton, 1-780-960-2112 (collect).

STOP PAYING RENT. Own for less. New homes from \$300. per month, only 5% down O.A.C. Call Joyce or Dale at Cross Country Homes, 1-800-470-5444; www.crosscountry-homes.ca.

\$336. PER MONTH, 5% down, new 1,216 sq. ft. (16 x 80) 3 bedrooms, skylight, soaker tub in ensuite, appliances, large country kitchen. Jandel Homes 1-800-463-0084; www.jandel-homes.com.

13 LIVESTOCK

PUREBRED & PERCENTAGE SALERS BULLS - Tan, Black, Red. Polled & horned, free delivery. Great on heifers, awesome on cows. Scattered Spruce Salers. Phone 780-768-2284. xxx

8 BRED POLLED HEREFORD HEIFERS - Females. Phone 726-3751, Lakes Ranch. xxx

BULLS FOR SALE OR RENT - All breeds available. Also selling 2 GMC livestock trucks, A1 shape. One with 24' box, other 22' box. 632-2139. xxx

16 MISCELLANEOUS

1,000,000 SQ./FT. LAMINATE flooring. Must be sold! Lots of choices. Starting at \$0.75 sq./ft. Hardwood flooring from \$1.99 sq. ft. Largest selection in Canada. 1-800-631-3342.

MONEY NOW AVAILABLE first and seconds. Low rates, easy terms. Bankruptcy and bank turn downs ok. It's equity, not credit that counts. Phone 780-484-5834.

NEED MONEY FAST. Immediate approval. Credit, age, income are no barriers, debt consolidation, interim financing, home purchase, small business start-up. Consolidated Mortgage and Loans. Members BBB 1-780-452-5858.

18 PERSONAL

DON'T WORRY - Be Happy! #1 Psychics - Accurate and Caring! Mystical Connections, \$2.99/minute. 1-900-677-5872 or Visa/MC 1-877-478-4410 18+, 6 a.m. - 2 a.m.; www.mysticalconnections.ca.

EXPERT PSYCHICS. Try us first! Your future revealed by your personal psychic. Sincere and genuine readings. Call 24 hours. 1-900-561-2100. \$2.95/min. 18+.

DIVORCE SURVIVAL STRATEGIES. Before spending large sums on legal fees, call The Family Law Centre to understand your rights and obligations. Our lawyers will present you with your options and offer smart and proven strategies to help reduce your legal fees, safeguard your assets and defend your child custody and access rights. Don't be a victim! "Separate smart". Toll free 1-866-879-3529.

20 REAL ESTATE

FOR SALE - 2 bedroom bungalow in Myrnam, 2 bathrooms, main floor laundry room, detached garage, new paint, carpet and lino. Comes with 5 appliances. Phone 780-366-2346. Sept17

PINCHER CREEK WATERTON foothills 120 cow ranch retreat. 6 quarters, great buildings, streams, lakes, trees, mountains, hunting. Separate quarters, acreages. Jack Folsom, Sutton Group, 1-403-626-3232 anytime.

OKANAGAN LIVING! On the shores of Osoyoos Lake, B.C. Brand new lake front apartments starting from \$89,900. Townhomes from \$169,900. Call 1-866-738-1002 or visit: www.casa-del-lago.ca.

20 REAL ESTATE

1/4 SECTION DAIRY or beef, Central Alberta, double 4 milking parlour, loafing barn, good fencing, 1330 sq. ft. residence, extra house, 4 registered wells, heated shop \$580,000.; 1/4 section open and cultivated, 1050 sq. ft. house, garage, fencing, only 10 minutes from town. Buffalo holding system separate, hay and pasture land. \$324,000. 550 acres farm. Currently in hay and available with property optional. 2500 sq. ft. home, garage, 2 heated machine sheds, fences and corrals on pavement, \$1,500,000. Call Larry Cole, Remax Wetaskiwin, 1-780-352-9241 bus., 1-780-352-6327 res.

21 RECREATIONAL

2000 POLARIS 700 RMK - 2" paddle track, 2000 miles. Cover included. \$7,000 obo. Phone Brian 645-2188. Sept17

LAKEFRONT LOTS - For sale on beautiful Lac Sainte in the St. Paul County. 1 hour 45 minutes from Edmonton. One of the cleanest lakes in Alberta. Sandy beach and trophy fish. \$68,000. Phone evenings 780-645-2398. Sept17

TOP DOLLAR PAID for 1988 and newer RV's. Instant cash for clean, late models in good condition. Woody's RV World, Calgary, 1-800-531-4695 or 403-240-1212.

EASY CASH for your used RV. Instant and hassle free (1988 or newer). 403-291-1203 or 1-877-414-2458.

22 SERVICES

UNCONTESTED DIVORCE and separation agreements. Criminal record? Avoid job loss and travel restrictions with Canadian Pardons and United States Travel Waivers. Free consultation. 1-800-320-2477; www.canadianlegal.org.

CRIMINAL RECORD? Canadian pardon seals record. U.S. waiver permits legal American entry. Why risk employment, licensing, travel, arrest, deportation, property confiscation? Canadian - U.S. Immigration specialists. 1-800-347-2540.

DAVE SHIELDS Custom Fencing, serving Central Alberta. Installing all types of fencing. Call 403-932-6316.

23 TENDERS

INVESTMENT or business opportunity Vermilion 4 homes, airplane hanger, 50' X 100' shop, 24 acres, 2 titles. Must sell due to health. Submit tenders by Sept. 27/02. Info-Tech Realty Inc., Box 506, Two Hills, AB, T0B 4K0. For viewing and details 780-657-2022; 403-380-0145; www.infotechrealty.com.

Open to Tender

The A.G. Ross Arena located in Elk Point requires an experienced **Icemaker / Caretaker**, preferably with a Level 1 Recreation Facility Certificate, to start October 1, 2002 until approximately March 31, 2003. For bid package and viewing of facility please call Doug at 780-724-4375 after 6:00 pm or leave message.

Closing date is
September 15, 2002

24 TRAVEL

A SEPTEMBER to remember at Pine Bungalows in beautiful Jasper National Park. Mid-week special Tues., Wed., and Thurs. Three night minimum stay September 17 - October 10, 2002. \$85. per night for two persons in our riverfront cabins. Phone 780-852-3491; fax 780-852-3432; email: pinebung@telusplanet.net.

More classifieds
on Page 12

St. Paul Education Regional Division No. 1

PART-TIME

CLERICAL ASSISTANT

Required for

ELK POINT ELEMENTARY SCHOOL

A 0.5 FTE clerical assistant is required for the Elk Point Elementary School commencing immediately. Familiarity with Microsoft Office 2000 and Quicken 2002 a definite asset.

Complete resumes, including references, should be forwarded by **September 16, 2002** to:

Mr. Don Conrad, Principal
Elk Point Elementary School
Box 600, Elk Point, AB., T0A 1A0
Telephone: 780-724-3880; Fax: 780-724-2110

A criminal record check clearance is required.

Only applicants that are shortlisted will be contacted.

Classifieds continued from Page 11

24

TRAVEL

TIMESHARE REALES. Worldwide selection. ERA Stroman since 1979. Call now! Buyers call 1-800-613-7987. Sellers call 1-800-201-0864; www.timesharelink.com.

25

WANTED

WANTED COLLECTOR, paying top prices for 2-cylinder JD tractors preferably 820, 830 series. Also 98 Massey and 990, 99 Olivers. Phone 306-369-2810; 306-221-5908.

Classified Ad

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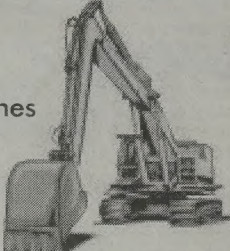
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Concrete 1998 Ltd.

30 Years of Concrete & Finishing

Patios, Driveways, Floors, Garage Slabs, Foundations, Grade Beams, Sidewalks, Styrofoam Basements (FREE ESTIMATES)

Box 372 St. Paul T0A 3A0



Robert LaBine 645-4267 Phone/Fax

"It's the Experience that Counts"

Cell Phone 614-9000

Custom Fencing

Gerhard Elias

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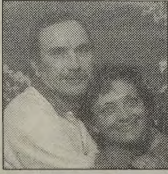
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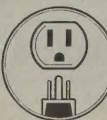
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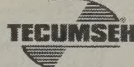

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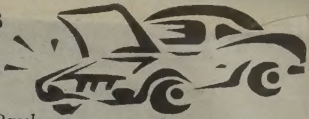
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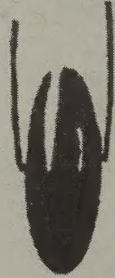


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